



Be the boss of your anger!

Sometimes you just get so angry that you feel like you are going to burst! It seems like your anger will be the boss of you, instead of you being the boss of your anger. Learning ways to control your anger and then using them can make you feel better. Learning to stand up for yourself without hurting people feels good, too.

- A** **Avoid.** Don't let your anger or the anger of others control you.
- N** **Never** use your body or your voice to hurt others.
- G** **Get away** so that you manage your anger safely.
- E** **Evaluate.** Think about your choices, and then make a choice which keeps you and others safe.
- R** **Responsible.** You are responsible for your feelings. No one can make you angry. You allow yourself to become angry.

Conflict Resolution

Try to sort things out so that everyone gets a fair share and something of what they want. There are 5 things that you need to do.

- 1 Listen
- 2 Understand
- 3 Avoid making things worse
- 4 Work together
- 5 Find the solution



Peer Pressure

It is important for you to feel that you fit in with your peers. But sometimes you may find yourself doing something because others are doing it, and which makes you feel uncomfortable or not safe. You always have the right to say "no" to something that you don't feel right about. Sometimes it is hard to say "no" to your friends - perhaps you need to learn how to keep out of situations that could lead to trouble.

How peer pressure can affect people.

Positive		Negative
Stops and thinks +	YOU	Doesn't think of consequences +
Makes good decisions +	CAN	Does what others want, Copies work, Talks in class +
Takes action to avoid trouble +	MAKE	Always ready to join in trouble, Tells lies. +
Uses Positive peer pressure	A	Uses negative peer pressure, Teases others, Leaves people out.
= A person who is respected, trusted and gains privileges	CHOICE	= A person who is not respected, not trusted and loses privileges.